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Emotional Health



Please be aware that chiropractic is not for physical or emotional/mental disorders, it is for people. No matter what condition or disease you or your loved ones may be manifesting, being free of vertebral subluxations is absolutely necessary for complete physical and emotional health and well-being.

Emotional Health Well Being

Chiropractors correct abnormalities of the intellect as well as those of the body.

--D.D. Palmer, Discoverer of Chiropractic

Shortly after its discovery, chiropractic's mind-healing (psychotherapeutic) effects were observed. Many individuals suffering from severe as well as mild conditions such as anxiety, insomnia, excess tension, depression, "mental dullness" and other conditions reported relief of their problems.

Due to chiropractic's success in this area, chiropractic sanitariums were founded throughout the United States. They reported success rates far better than medical sanitariums and institutions.

Psychoneuroimmunology (PNI)

Today the new scientific discipline of mind-body relationships (PNI or psychoneuroimmunology) is revealing the many ways that your thoughts and feelings affect your physical health and the many ways your physical health affects your emotional health.

PNI has discovered (actually rediscovered) that many conditions considered "emotional" or "mental" may in fact be neurological, due to a malfunctioning nervous system. When nervous system function is improved, many conditions considered "emotional" can resolve.

This has been especially obvious following chiropractic care.

How Does Chiropractic Affect Mental Health?

Chiropractic promotes a "sound mind in a sound body" by removing a serious form of nervous system damage, the vertebral subluxation complex ("subluxation"). When the spine and nervous system are relieved of subluxation damage by chiropractic adjustments, psychological health has been observed to improve. Your nervous system appears to be a "bridge" or intermediary between your mind and body. Its proper functioning affects both ends of the "bridge" when you are freed from subluxations.

...almost everyone adjusted [for subluxations] is benefited.

Chiropractors should occupy posts in every mental hospital.

--Herbert C. Hender, MD, chief psychiatrist at the Clear View Sanitarium

Clinical Observations

Chiropractic has shown dramatic effects on children diagnosed with emotional and/or learning disorders. Among benefits noticed are improved IQ, improved behavior, better attention span and concentration, and improved vision, hearing and muscular coordination. In many cases children were able to stop taking Ritalin and other drugs.

All children diagnosed with learning and behavioral problems,

including hyperactivity (ADD, ADHD), dyslexia, autism, Asperger's syndrome, developmental delay and other "nervous system" disorders need to have their spines checked by a chiropractor. Chiropractic has even been observed to reduce or remove phobias and stress. However, the benefits of subluxation correction are not only for those with observed problems; all children as well as adults may get a "brain boost" from chiropractic care.

Decreased Blood To The Brain?

Subluxations appear to decrease blood supply to certain parts of the brain and this may be why whiplash and accident victims exhibit nervousness, stress, concentration, vision and emotional symptoms. It has also been observed that preschool children who have experienced even a mild head injury can have neurological problems years later. Research studies and clinical observation indicate that one way chiropractic helps brain function is by increasing blood supply to the brain. There may also be other mechanisms as well. Since childhood is so full of falls and accidents, a chiropractic spinal checkup should be as much a part of a child's health care as vision and hearing checkups. How many conditions considered "emotional" in adults may be due to a fall or accident in childhood that has compromised the nervous system? No one knows.

What Outcome Studies Reveal

Outcome studies have revealed the psychological benefits of chiropractic care. In one study of 2,818 chiropractic patients those under regular chiropractic care reported greater physical health, improved emotional health, less stress in their lives and enhanced life enjoyment.

Other outcome studies have also revealed that chiropractic patients report improved mental health, more vitality and better overall health status.

Chiropractic...is the last frontier of physical treatment of disorders of the mind... It is not surprising that chiropractic lifts depression...will become an important tool in psychiatric treatment...chiropractic has hardly yet started on a predictable course to its pinnacle as the most used procedure in Medicine.

--R.F. Gorman, Australian researcher and physician

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